

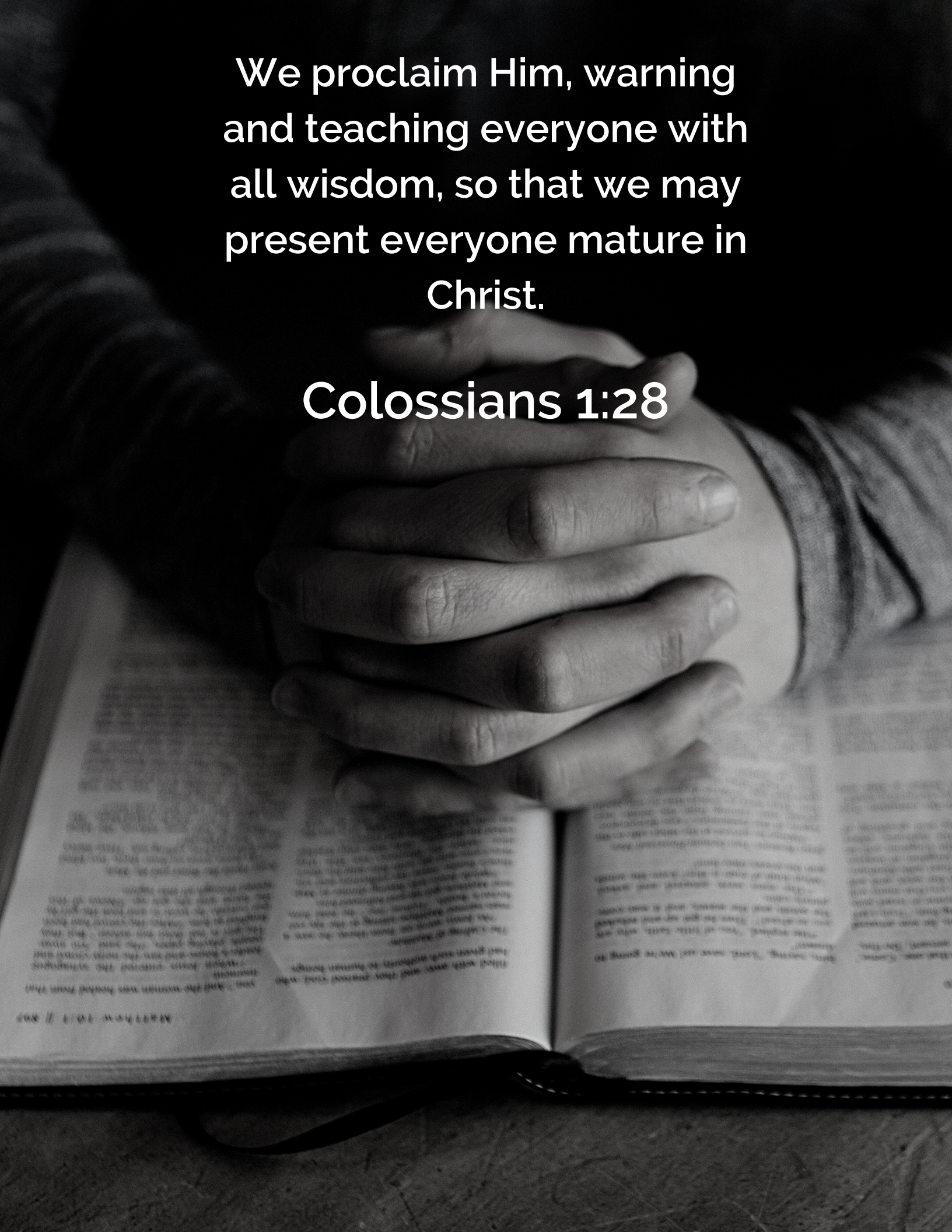


DISCIPLESHIP GROUP

GUIDE

We proclaim Him, warning
and teaching everyone with
all wisdom, so that we may
present everyone mature in
Christ.

Colossians 1:28



DISCIPLESHIP GROUP

OVERVIEW

WHAT IS A D-GROUP?

A D-Group is a gender-specific group usually of 3-4 believers that meet weekly for 12-18 months with the intent to grow more spiritually mature.

WHAT TO EXPECT?

D-Group members are expected to meet together weekly and to regularly practice the disciplines listed below with the hope to grow in the MARCS of a disciple.

WEEKLY DISCIPLINES

SCRIPTURE MEMORY
BIBLE READING
JOURNALING
ACCOUNTABILITY
PRAYER



MARCS OF A DISCIPLE

MISSIONAL
ACCOUNTABLE
REPRODUCIBLE
COMMUNAL
SCRIPTURAL

WHAT IS THE COMMITMENT?

- Give yourself fully to the Lord during this time as you anticipate a season of spiritual growth.
- Meet weekly as a group (60-90 minutes).
- Commit to Scripture Memory, Bible Reading, Journaling, Accountability, and Prayer.
- Contribute to a group atmosphere of confidentiality, honesty, and transparency.
- Pray weekly for fellow group members.
- Pray and look for those in your life who you could invite into a new Discipleship Group.

HOW DO I JOIN A GROUP

First, pray for 2-4 people that you can invest in over the next 12-18 months and see who God puts on your heart. Often times, Life Groups are a great place to look for these people. Once you have someone in mind, pursue that person.

Ultimately, if you are struggling to find people for a group, ask one of the pastors and we would love to help get you connected.

DISCIPLESHIP GROUP GUIDE

HOW TO USE THIS GUIDE

The next 12-18 months of your life will be an exciting time as you enter a season focused on spiritual growth. The Discipleship Group environment encourages us to engage with God's Word and His people in a way that most of us never have before. As His Spirit works in our lives, it creates a passion to help others experience the same thing.

The Discipleship Group Guide is designed to introduce each element of the group and help your group start strong. We would encourage each member of the group to have a booklet and use it to guide you through the first few weeks of meeting together.

This resource will help your group have three important conversations:

WEEK 1 - GETTING STARTED:

During the first meeting you will set clear expectations for the group and get to know one another. This booklet provides a couple of simple exercises to help you lay a strong foundation for your group.

WEEK 2 - INTRODUCING JOURNALING & SCRIPTURE MEMORY:

In the second week, you will begin to get into the rhythm of the five weekly disciplines. You will learn what a H.E.A.R. Journal is and why Scripture Memory is so important.

WEEK 3 - INTRODUCING ACCOUNTABILITY & PRAYER:

During the third week you will continue your weekly rhythm through the disciplines while also introducing accountability questions and explaining how you will pray for one another.

GETTING STARTED

WEEK 1

Welcome to week one of your Discipleship Group! Today's meeting will look different than your normal weeks. You will focus on getting to know one another, setting expectations, and committing to one another. Get ready for the life transforming months ahead!

GET TO KNOW ONE ANOTHER

Below is a list of questions you can discuss as a group. You most likely will not have time to go through all of them, but pick 1-2 and designate half your meeting time to discussing them.

- Share a 2-3 minute version of your testimony.
- What are you most looking forward to in this group?
- Tell us about your family, work, and personal hobbies.
- What is one thing that you are excited or intrigued by right now?

NOTE: In the future, you can spend more time getting to know one another. A great way to do this is by asking a different member each week to share their story in 7-10 minutes.

SET EXPECTATIONS

It's important that we all have the same expectation for this group. Below is an image called the Discipleship Group DNA. This image and the next couple of pages explain what is unique about this Discipleship Group.

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WHAT WILL WE DO?

1 TIMOTHY 4:7-8

"Have nothing to do with godless myths and old wives' tales; rather, train yourself to be godly. For physical training is of some value, but godliness has value for all things, holding promises for both the present life and the life to come."

We train in godliness by weekly committing to the five disciplines.

FIVE WEEKLY DISCIPLINES

- Scripture Memory
- Bible Reading
- Journaling
- Accountability
- Prayer

Which of the five weekly disciplines are you currently doing well?

Which do you need to grow in the most?

WHAT WILL GOD DO?

2 TIMOTHY 3:16-17

“All Scripture is God-breathed and is useful for teaching, rebuking, correcting and training in righteousness, so that the servant of God may be thoroughly equipped for every good work.”

HEBREWS 4:12

“For the word of God is alive and active. Sharper than any double-edged sword, it penetrates even to dividing soul and spirit, joints and marrow; it judges the thoughts and attitudes of the heart.”

Each of these verses speak to how the Holy Spirit uses God's Word to change our lives. Though we commit to the disciplines above, it is not our effort that changes us, but the Holy Spirit through His Word.

WHAT WILL HAPPEN?

As we allow the Word of God to work in our lives we will see its impact through five areas known as the MARCS of a Disciple.

MISSIONAL: A disciple engages with those who are unengaged with the church.

ACCOUNTABLE: A disciple is real with oneself, God, and others.

REPRODUCIBLE: A disciple invests in men and women who are Faithful, Available, and Teachable.

COMMUNAL: A disciple intentionally shares life with other believers.

SCRIPTURAL: A disciple experiences intimacy with Christ through regularly reading, meditating on, and obeying God's Word.



DISCIPLESHIP GROUP COVENANT

OVER THE NEXT 12-18 MONTHS, I WILL DO MY BEST TO...

- Pledge myself fully to the Lord during this time as I anticipate a season of spiritual growth.
- Commit to this group and consider how I may best spur others on in their relationship with Jesus.
- Meet weekly with my Discipleship Group (60-90 minutes).
- Commit to Scripture Memory, Bible Reading, Journaling, Accountability, and Prayer.
- Contribute to a group atmosphere of confidentiality, honesty, and transparency.
- Pray weekly for fellow Discipleship Group members.
- Pray and look for others in my life who I can invite into a new Discipleship Group.

Signed Member: _____

Signed Leader: _____

Date: _____

THIS WEEK

Choose the reading plan your group will use and begin reading. (NOTE: Starting January 2021, the church will start the NT260 plan) Day 1 of each week is Monday and the weekends are for you to catch up on the reading. Try to complete a H.E.A.R. Journal entry for each day's reading. See the next page for more details.

H.E.A.R. JOURNALS & SCRIPTURE MEMORY

WEEK 2

Every week we will follow the same rhythm that includes each of the five weekly disciplines. The example below is meant to be a helpful guide, but it is far from an exact science. Ultimately, the pace and content of the conversation is set by the discernment of the group. The times will vary depending on the length of your Discipleship Group meeting and the amount of people in your group. Today, we will introduce two disciplines: H.E.A.R. Journals and Scripture Memory.

NORMAL GROUP RHYTHM

FELLOWSHIP

10 minutes: Start by catching up. Have each person share his or her "high" and "low" of the week.

SCRIPTURE MEMORY

5-10 minutes: After everyone quotes the week's memory verse, ask, "As you meditated on this verse, what stood out to you?" We want to store God's Word in our heart, not just be able to recite it.

BIBLE READING AND H.E.A.R. JOURNALS

25-35 minutes: As you share H.E.A.R. Journals, a great question to ask is, "Which journal entry stood out the most to you this week?" and then, allow everyone to share. Be sure to engage members as they share. Help them go deeper.

ACCOUNTABILITY

10-20 minutes: Each week, you will want to dig a little deeper, addressing the dark spots of our lives. There are sample questions later in the guide.

PRAYER

10 minutes: Finish the time by having each person share prayer requests.

WHAT IS A H.E.A.R. JOURNAL?

A H.E.A.R. Journal is a simple way to help you read the Bible with the intention of applying it. By asking four simple questions, you can understand and apply any passage. In addition, journaling is a great discipline because it helps you retain more information and recall it later when needed.

Every week, each of us will share a H.E.A.R. Journal entry and discuss what we have learned from God's Word. There is not a set amount of journal entries that you must do each week, but the goal with this discipline, as with all of the others, is to improve as time goes on. The hope is that as you get more comfortable with this discipline and experience its benefit, the frequency of your journal entries will naturally increase.

Take a look at the H.E.A.R. Journal example on the next page. As you read through your reading plan this week, create a H.E.A.R. Journal by using these four questions:

H (HIGHLIGHT): What is a verse(s) that stood out to you in your reading?

E (EXPLAIN): What is the author's intended meaning in the context of the passage?

A (APPLY): What is the principle to live by today?

R (RESPOND): How will I respond to the application in my relationships and/or situations this week?

When the group meets together next week, you will share one of your H.E.A.R. journals.

SAMPLE H.E.A.R. JOURNAL

READ: PHILIPPIANS 4:13

DATE: JANUARY 10, 2019

TITLE: SECRET OF CONTENTMENT

H (Highlight) - "I am able to do all things through Him who strengthens me." Philippians 4:13

E (Explain) - Paul was telling the church at Philippi that he has discovered the secret of contentment. No matter the situation in Paul's life, he realized that Christ was all he needed, and Christ was the one who strengthened him to persevere through difficult times.

A (Apply) - In my life, I will experience many ups and downs. My contentment is not found in circumstances. Rather, it is based on my relationship with Jesus Christ. Only Jesus gives me the strength I need to be content in every circumstance of life.

R (Respond) - Lord Jesus, please help me as I strive to be content in You. Through Your strength, I can make it through any situation I face.

GOOD APPLICATION QUESTIONS FOR EXAMINING THE TEXT

- What does this text teach me about God?
- What does this text teach me about fallen humanity that requires the grace of God?
- How does this text point to Christ?
- What do I need to know?
- Is there a promise to claim?
- What do I need to do?
- Is there an action or attitude to avoid or embrace?
- Is there a principle to apply?

“OUR GOAL IN DISCIPLESHIP IS NOT THE
TRANSFER OF INFORMATION BUT GOSPEL
TRANSFORMATION.”

HOW WILL WE DO SCRIPTURE MEMORY?

I know of no other single practice in the Christian life more rewarding, practically speaking, than memorizing Scripture. No other single exercise pays greater spiritual dividends! Your prayer life will be strengthened. Your witnessing will be sharper and much more effective. Your attitudes and outlook will begin to change. Your mind will become alert and observant. Your confidence and assurance will be enhanced. Your faith will be solidified.

Every week, we will have a verse that we will memorize. This is a largely neglected discipline that has amazing benefit for the believer. The discipline's purpose is to store God's Word in our heart (Psalm 119:11). For this reason, we do not want to only memorize verses, but to meditate on them as we do it.

The more aligned our group is in this discipline, the more beneficial it will be. The group can decide together which verses to memorize along with the preferred translation. Though it is not a requirement that everyone use the same translation, it is beneficial when everyone is able to work as a team to say the same verse in the same translation. Lastly, we will periodically review previous verses.

- What experience do you have with Scripture Memory?
- How could you see Scripture Memory being beneficial in your life?
- What verses will we commit to and what translation will we use?
- How can we be intentional about reviewing verses so that we don't forget them?

THIS WEEK

Continue reading and doing H.E.A.R. Journals. Also, begin memorizing and meditating on the weekly verse.

ACCOUNTABILITY & PRAYER

WEEK 3

This week, you will continue your normal rhythm of Discipleship Group. You will spend extra time on the accountability and prayer section as you introduce this element more fully into the group. Upon completion of this week, your Discipleship Group routine will be established. You will simply continue to meet and grow together, until it is time to multiply groups.

ACCOUNTABILITY QUESTIONS

Below is a list of possible accountability questions to ask during your meeting. While time might not allow you to ask all of these questions, these are the types of questions you will want to discuss each week. Remember these questions should be asked with a spirit of confidentiality and prayer. Along with other prayer requests, let the answers to these questions help guide your time in prayer for one another.

- Have you honored God and your spouse with your thoughts, words, and actions this week?
 - Have you spent quality time with your family this week?
 - Have you given in to any addictive behavior this past week?
 - Have you told any lies or half-truths this week?
 - Have you damaged another person by your words, either behind his or her back or face-to-face?
 - Have you participated in anything unethical this week?
 - Have you shared the gospel or biblical truths this week?
-



who's your **ONE?**

At Fairview, we encourage every member to identify at least one person in their life who is far from God and intentionally pursue that person with the hope of the gospel by praying, investing, and inviting. As a Discipleship Group, you will continually encourage and hold each other accountable to be intentional with this relationship.

Once you identify who this person is, commit to doing three things:

PRAY - Pray daily for these people.

Ask God to make them aware of Christ's love and their need for Him (2 Cor. 4:4; Matt.13:15) and to give them the faith to repent and believe (Acts 20:21; Romans 10:9-10).

INVEST - Create ways to invest weekly in each person's life.

Our hope is to build a relationship where you can share Christ's love with them (1 Cor. 9:19-23). As you invest in someone's life, you build trust, which creates more opportunities to share the gospel.

INVITE - Pray, invest, and invite this person to the next right thing.

Share your faith and invite your One to enter into a relationship with Jesus Christ. If your One isn't ready to believe, you can invite them in to your community before they believe. Do this by inviting them to events like Life Group, a church outreach event, or a Sunday morning service.

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www.fairviewchurch.org/discipleship-groups